

Emotional Empowerment

Writing Prompts

Recognize:

When I get my favorite treat after dinner, I feel _____.

When I get left out of a game, I feel _____.

I feel happy when _____.

I feel lonely when _____.

Express:

People know I'm feeling _____ when I act _____.

When I feel _____, I could express myself by _____.

Regulate:

When I feel _____, I can _____ to help myself calm down.

When I feel _____, I can _____ to keep myself balanced.